



A Quick Guide to TrueAP's Movement Prep

Movement Prep consists of four components: hip activation, dynamic stretching, movement prep, and neural activation. Each component plays a role in preparing the athlete for the upcoming training session through a process that progresses movement from general to specific, static to dynamic, slow to fast, and low force to high force.

Glute/Hip activation

Glute/Hip activation is meant to activate the hip musculature within movement patterns. Glute/Hip activation requires mini bands, which are positioned around the ankles and/or the knees. This provides hip-directed resistance from a short-lever arm (i.e., around the knees) and/or a long-lever arm (i.e., around the ankles). Movements occur from a straight leg position, bent leg position, or a bent leg split position, and in a linear or lateral direction.

Check out some of the Glute/Hip Activation Movements we use at TrueAP.

Dynamic stretching

Mobility

Dynamic stretching builds on the hip activation component by having athletes move through a complete range of motion using specific dynamic movements. The movements transition from simple to complex across the shoulder, trunk, hip, knee, and ankle, while being performed in a linear, lateral, or rotational direction. These movements can be performed in place in an alternating manner, or they can be completed over a set distance.

Movement prep

Movement integration focuses on rehearsing motor skills at the speed, force, and direction relevant to the session focus. The movements can occur in a linear, lateral, or rotational direction.

Neural activation (Rapid Response)

Neural activation (or Rapid Response), which requires athletes to perform short bursts (less than 10 seconds) of movement in a linear, lateral, or rotational direction. Similar to hip activation, these movements occur from a low bent leg position (i.e., half squat), a high bent leg position (i.e., quarter squat), or a split leg position. These movements can be performed in a reactive or nonreactive manner.

Check out some of the Neural Activation (Rapid Response Drills we use at TrueAP.

Get started with the 3 sample routines provided below!

Sample 1



Preparation

DYNAMIC	FOCUS	PROGRESSIONS	NOTES
Mini-Band Activation	Linear	Squat	2 sets of 5 reps
		Bent Knee Linear Walk	2 sets of 5 reps
Dynamic Warm-Up		Mobility	Mobility: (5 reps each leg) Quad Pull, Knee to Chest, Leg Cradle, Toe Touch, Side Lunge
		Movement Prep	Movement Prep: Marching, High Knee Skips, Straight Leg March, Straight Leg Skip, High Knee Run, Lateral Shuffle, Carioca, Sprint
Neural Activation	Linear	Pogos	2 sets of 6 seconds
		Rapid Fire	2 sets of 6 seconds

Sample 2



Preparation

DYNAMIC	FOCUS	PROGRESSIONS	NOTES
Mini-Band Activation	Linear	Squat	2 sets of 5 reps
		Linear Scissor Walk	2 sets of 5 reps (leading with ea leg)
Dynamic Warm-Up		Mobility	Mobility: (5 reps each leg) Quad Pull, Knee to Chest, Leg Cradle, Toe Touch, Side Lunge
		Movement Prep	Movement Prep: Marching, High Knee Skips, Straight Leg March, Straight Leg Skip, High Knee Run, Lateral Shuffle, Carioca, Sprint
Neural Activation	Linear	Lateral Pogo	2 sets of 6 seconds
		Linear Pogo	2 sets of 6 seconds

Sample 3



Preparation

DYNAMIC	FOCUS	PROGRESSIONS	NOTES
Mini-Band Activation	Angled	Squat	2 sets of 5 reps
		Bent Knee Lateral Walk	2 sets of 5 reps
		Bent Knee Linear Walk	2 sets of 5 reps
Dynamic Warm-Up		Mobility	Mobility: (5 reps each leg) Quad Pull, Knee to Chest, Leg Cradle, Toe Touch, Side Lunge
		Movement Prep	Movement Prep: Marching, High Knee Skips, Straight Leg March, Straight Leg Skip, High Knee Run, Lateral Shuffle, Carioca, Sprint
Neural Activation	Angled	Pogos	2 sets of 6 seconds
		Lateral Pogo	2 sets of 6 seconds
		Linear Rapid Fire	2 sets of 6 seconds